



**Bible Study: Tuesday, Sept 7th, 2021. TOPIC: REPENTANCE AND FORGIVENESS Part1**

**TEXTS: Luke 15:11-21,**

He that cannot forgive others, breaks the bridge over which he himself must pass if he would ever reach heaven; for everyone has need to be forgiven. [https://www.brainyquote.com/quotes/george\\_herbert\\_397815](https://www.brainyquote.com/quotes/george_herbert_397815)

One of the pillars that separates Christianity from many other religions is the way Christianity treats forgiveness. Also, what sets God apart as a Father indeed is that He always creates a way to forgive us.

1. Proof of God as a Father. For example, what is the punishment for the sin of adultery in the Old Testament? **Lev 20:10, Deut 22:22**
2. Why did God forgive David? **Lev 16: 20-22, II Sam 12:13.**

The Bible says while we were yet sinners God forgave us. That means He did not wait for us to cry out to Him for forgiveness before He forgave us. One of the fundamental virtues of a true Christian is the ability to forgive. The easier you find it to forgive, the closer you know you are getting to the almighty God.

Forgiveness is a very paramount issue before God hence God uses it as a pre-requisite for entering into the kingdom of Heaven. Forgiveness is the nature of God.

It is always easy to think that we can forgive until we get hurt and then we have to forgive. Forgiveness takes love and without love you cannot forgive. God can forgive because love is the personality of God and He expects the same from us His Children.

Repentance on the other hand opens the door for continuous relationship. Repentance and forgiveness may be preached together but they could be mutually exclusive. That is, they may not happen simultaneously. Sometimes it is our expectation of mutual inclusivity that makes forgiveness hard. They may occur together but they are two different things as one can exist without the other.

Repentance may proceed or precede forgiveness but forgiveness can be granted without repentance. Repentance and forgiveness will never arise without encounters. If you therefore decide to avoid everyone, you will not have occasions to forgive or to repent. As long as we relate with one another, you will find occasions to repent and to forgive. We must however know that progress can only be achieved via encounters so you will retrogress if you choose to avoid others.

3. **Is there a situation where forgiveness is impossible by man.** Mark 23:34, Matt 18:21-22, I Cor 13:4, 7, Acts 7:59-60, Gen 50:15-19.

4. **Forgiveness depicts the true Christian Character.** Isaiah 49:15, I John 4:7-8.

5. **Who hurts from lack of forgiveness?** Lack of forgiveness hurts the person bearing the grudge. Matt 6:12, 14-15, Matt 5:7, Psalm 18:25, Mark 11:25

6. **What are the benefits of forgiveness**

Luke 15:20-24, Matt 18:15, 5:23-24, 6:14-15, Mark 11:25, The benefit of forgiveness is physical and spiritual and it is mutual. True forgiveness brings unity, joy, safety, assurance of love, freedom, progress, confidence, trust, God will also forgive you.

### **Medical Benefits of Forgiveness. BY MAYO CLINIC**

Letting go of grudges and bitterness can make way for improved health and peace of mind. Forgiveness can lead to:

- Healthier relationships
- Improved mental health
- Less anxiety, stress and hostility
- Lower blood pressure
- Fewer symptoms of depression
- A stronger immune system
- Improved heart health
- Improved self-esteem

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/forgiveness/>

**Forgiveness brings peace of mind.** When a fellow offends you and you are able to forgive him in your mind you find yourself in an atmosphere of peace and fear does not hunt you any longer. When your mind is at peace you are most likely to avoid unnecessary sicknesses.

**Conclusion:** God is all about forgiveness. He forgave David even before he asked for it. He forgave man even before we were qualified for it. There is no human situation where forgiveness is impossible, it might be difficult. We all hurt and suffer spiritually, physical, mentally, and otherwise when we refuse to forgive. The true measure of a Christian is our ability to forgive.